Ekadashi



Sri Gurubhyo Namah..Sri Raghavendraya Namaha…Namma Gurugalada Sri Tuppasakri Dwaiapana Achar and Sri Khazandar Raghavendra Rao avarige namaskaragalu..

According to Madhva Philosophy(its founder being the Guru, Sri Madhvacharyaru), *EKADASHI* –the day when the teethi falls under the similar name, is the foremost vratam(holy ritual) and which has been given prime importance.

The reasons, effects and results are detailed in the following paragraphs.

Sri Madhvacharyaru namma sananthana dharma vanna tilisi kottavaru...hari sarvottamatva, vayu jeevotamatva vannu sari helidru...Namma jeevana da uddhara maarga vannu tilisikotta mahanu bhavaru. (The revered Sri Guru Madhwacharya had explained to us the very prominent and ancient dharma of leading a pious and holy life and also had laid a path which if followed, would lead us to moksha -Salvation or Eternal bliss.

He had taught us pancha bheda and the Sri Hari Sarvottama tatva(Lord Sri Maha Vishnu is Supreme.)

He has also shown the path which will lead us to moksha. He has given and shown us, how to be in life, through his teachings, through his “Sri Sarvamoola Granthas”(the holy scriptures which contain his preachings about Lord Sri MahaVishnu, about all Vedas, Puranas, Panchratras, Mahabharata, Moola Ramayana & about how to lead a pious life in general.)

Among vrathas(holy rituals) , Ekadashi vratha is the most important and is above all the vratas.

Ekadashi



"Yella vratha galu ekadashi hinde". (First comes Ekadashi and all other vratas come second in place.)

It's compulsory to follow ekadashi vratha by all people. Doing Ekadashi itself , is a punya kaarya(pious and reward earning deed) - it burns all our sins like a heap of cotton is burnt by a single spark of fire, but at the same time if it's not performed, it adds up to our paapa(sins).

Ekadashi is the 11 th day in a given month , why? ……

All the days are given names, starting from 'paadyami' to 'hunimme'(full moon day) or 'amavasya'(new moon day). Each day is given in the name of one or the other devathas(deities).

But, for Ekadashi (10+1)11 - abhimani devathe is Sri Hari. The day is called as "Sri Hari dina."

If we count 24 names of Lord Vishnu, starting from Sri Sankarshanaya namaha, "Sri Haraye Namah" is the 11th. If we start from Sri Keshavaya swaha, then "Sri Padmanabhaya "namaha is the 11th.

Ekadashi 's 11 th indriya is " Manasu"(soul) . All the sins done by us using all our 11 indriyas (5 karmeyndriya , 5 jnaanendriya and our manasu) will be removed completely by performing ekadashi vratha. Sri Madvacharyaru has explained in detail about ekadashi's importance and procedure to perform it in Sadachara Smruthi and Sri Krishnamrutha Maharnava.

Ekadashi



I have tried my best to explain about Ekadashi as under:

1. Thousands of Ashwamedha Yaga, Hundreds of Vaajpeya yaaga, is not equivalent to Ekadashi vratha!!
   Without performing Ekadashi vratha, if you are doing all other vrathas like, Chandrayana vratha, VaraMaha Lakshmi vratha, Payo vratha, Mouna vratha, Chaturmasya vratha and so on, everything goes in vain. Doing all these vrathas is not compulsory. But doing Ekadashi vratha is compulsory. Perform it and submit it to sri hari vayu gurugalu by uttering "Sri Krishnarpana mastu". This vratha is just like two faces of a coin, which will remove sins and adds punya to our souls,at the same time.

2. Ekadashi is a fasting day (upavasa day) - upa means Uppar hattira/mele(near to the Lord above), vasa- staying, meaning, we all will be nearer to God by performing this vratha. On this day, get up early in the morning, before doing our nitya karma , pray Lord Sri Mananarayana for performing this vratha. We need to ask Him to protect us from being disturbed from this path without any hitches (nirvignaya vaagi ekadashi vrathaa maadisu antha prarthane maadbeku).
   The whole day we should do fasting along with akhanda Sri hari namasmarne and on the next day Dwadashi, after doing all nitya karma(daily routine), naivedya(holy offering to be made) by sunrise and have prasada (paarani).
   At the same time , performing paarni after suryodaya-sunrise, is also most important as Ekadashi. If paarani is done before suryodaya then , its considered as having food on ekadashi. So, even if its dark , cloudy , if unable to see the sun check sunrise time in panchanga and perform paarani.



3. Ekadashi vratha is simple vratha, it can be done by anybody. It doesn't need any sort of expense,compared to other vrathas. Just the sankalpa(will) to do ekadashi matters!

Do not take anything (any food or water) food means not only rice or chappathi or rotis, but also fruits anything that is cooked or mixed with salt are to be condumed. Nothing should be taken.

Because, all the sins (paapadh raashi - brahma hatya , etc,.) present in the Universe will be residing on all food items on ekadashi day. So, if anybody who have food on this day, they get attached to all such sins (paapa).

Take food (breakfast and lunch) on dashmi day(the previous day of ekadashi) as usual, and in the evening also you can take food or most likely,try to have light tiffin (so that your stomach gets into the rythm of not having anything the next day, on ekadashi). Your stomach will get adjusted to itself for not having anything.

We will feel very happy and our stomach will feel more happier as we are giving rest to it, as it will be continuously working whenever we intake food. It would be as if, we are cleaning our vehicles once in a fortnight which keeps running all the time.

4. Rudradevaru(Lord Shiva) himself has said and also it's been written in all Smruthi, Puranas, in all the Vedas and its being repeatedly said that on Ekadashi day, we should not in take anything, not even water!

Everybody has to do it. Exception is given only for the below 8 yr olds and above 80yr olds. It has to be done by all varnas, it has to be done even if one has “mailigi” – days which are considered impure for performing holy rituals.



5. When to do it?

First thing is to see panchanga and look for when the Ekadashi day falls. Perform this vrata on that particular day. For deciding all other days,we usually see teethi during suryodaya. But for ekadashi during aurnodaya (means 1 1/2 hour before suryodaya) kaala is to considered. For details, about this nirnaya, one has to read 'Sri Krishnamarutha Maharnava'. Ekadashi day should not come with Dashmi teethi. If it comes then do the vratha on next day (dwadashi day) and perform dwadashi paarani the next day. But, it should not be bypassed, it has to be perfomed at any cost. For sankalpa, do as given in panchanga.

6. If you dont want all sins getting attached to you at a time , then start performing ekadashi vratha. Iit's difficult to start immediately, (fasting) completely on the day. So from now onwards, stop taking food items (rice chappati ,steamed vegetables...etc) and start taking some avlakki or upma(upma made from pressed rice or sooji), then slowly after some time stop taking these light snack items too and take only one or two fruits and gradually stop that too!

Your stomach will never ask for anything on ekadashi day, it will never feel hungry on ekadashi day! Because a person who is not into this act , he/she cannot do complete fast immediately. But if you are able to do it, then do complete fasting. But, being healthy, without any reason , if you are trying to escape from doing this vratha (fasting) then you are equivalent to a culprit.

namma gurugalu sri Acharya Madhvaru haaki kotta marga idu(it's the path shown by the revered Guru Madhwacharya)

One has to try their best to do it. No harm will happen to us by doing so(health wise).A person can live without taking anything for 2-3 days. We are not going to pass away by doing this vratha!

Lets make it as our goal from now and also see to it that we spread the importance about this vratha to others and also try to make them perform this Ekadashi vratha !



7. Personal experience: By Rayara anugraha…Guru Rayaru maadistara!

I heard, at one place , one girl who was suffering from illness, even doctors were not able to diagnose properly and help her get cured. One fine day,her parents come to know about this vratha in one pravachana(spiritual lecture) and they did it along with their daughter. After one year , she was the same girl who came running to pravachanakararu(the one who gives spiritual lectures) for his blessings as she was completely cured of her malady!! By seeing this miracle,not only her, but all her friends of other religions started doing Ekadashi vratha!! So why should we lag behind? Let's start from now atleast (aagidd aaitu innadaru volle haadi hidiyo praani!)

8. In all the other days, we all struggle day & night for food, shelter, home and so on. It's human tendency , when we get everything we forget God who is giving us. Atleast one day we have to try to leave everything for Him. Sri Hari preethanagali antha vratha maadri. - just like as a small child which leaves all its activities to find it's mother, we have to forget everything else to attain Sri Hari's blessings.

9. Once if we start doing this, we will be freed from all our sins and we will follow the right path which leads to moksha and its 100% truth,no doubt about it!

10. Naivedya(Holy offering to the Lord) should not be done on this day. While doing puja , teertha(holy water) should be taken only once, keshara,(saffron) pachha karupura(edible camphor) should not be used in teertha. Only tulsi should be used and along with fasting, Sri Hari naama smarane(chanting the Lord's name) should be done all day. In this kaliyuga, Sri Hari namasmarane , ratri jagarne(staying awake the whole night),



performing Sri Hari nama sankirthane(doing bhajans to the Lord), itself is the path to moksha!

As we submit our exam answer papers to the teacher after writing exams, in the same way we need to submit all our daily karmas to 'Sri Bharati Ramana Mukhya Pranantargatha naada Sri Lakshmi sametha Sri Mann Narayananige'. After dwadashi paarni, one needs to pray to Sri Hari saying " sri hari ninna anugraha dinda neenu ekadashi dwadashi vratha maadisidi..jeevana paryantha maadisi uddhaar maadappa, idu ninna puja… Sri Bharati Ramana Mukhya pranantargatha Sri Krishnarpana mastu" (O Lord, I have been able to accomplish this vrata successfully solely by your grace, kindly accept it as an offering(seva) and bless us with a righteous and a pious life…Sri Bharati Ramana Mukhya prananthargatha Sri Krishnarpana mastu).

Moksha beka , Ekadashi acharane maadu... nissvaartha vaagi maadu ,Sri Hari idu ninna seva antha maadu…. sikke sigtade!! (If one wants to gain salvation, they have to follow Eakdashi vrata which yields the desired result of attaining Salvation! Hence, one needs to do it as a self-less seva towards the Lord.)



My Personal Experience :

Whatever I am today, it's because of namma gurugalu Sri Tuppasakri Dwayapana Achar and Sri Khazandar Raghavendra Rao... I can never forget their blessings and vachana(words), they use to tell me whenever I met them.

They made me to follow this vratha(vratha acharane). I remember their words regarding the Ekaashi vratha, "….start slowly...have a grip on it...you will never leave...even if u try to leave , it will never leave you...and it is the only marga to go near Gurugalu (Guru Raghavendra Swami) and avara anugrahakke patraaagtivi(would attain his blessings).

In our loukika (materialistic) life, we will be wandering here and there about different issues in our lives, at least by doing this vratha..if not in this janma(birth), atleast in the next janma, Gurugala anugraha dinda we will get chance to read and recite Vedas, to do seva without break."

hare srinivasa,

Venkatesh U Deshpande

|| Sri Madhwesharpanamastu ||